



Healthy snacks help bridge the gap between meals.

*Healthy snacks throughout the day will help curb hunger
so you and your children won't overeat at mealtimes.*

August

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					1	2 <i>Example: We rode our bikes to the tennis court and played almost an hour</i>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Did you know it's...
 • National Immunization Awareness Month
 • World Breastfeeding Week - August 1-7

Achievement Ideas

1. **Fruit of the month — Grapes.** Try different kinds of grapes or put them in the freezer for a cool tasty treat.
2. Play Simon Says with your kids and include a lot of bending and stretching at least once a week.
3. Increase your family walk by 10 minutes at least two times a week. Increase how fast you walk if time is a problem.
4. **What's your idea?** _____

Total number of achievements this month: _____



Meal Tips

Breakfast

Spread a whole-grain bagel or toast with light or fat-free cream cheese instead of butter.

Lunch

Add apples, mandarin oranges, or grapes to your salad.

Dinner

Add fruit like pineapple or peaches to kebabs as part of a barbecue meal.

Simple Snack

Strawberry Milksicle — Freeze strawberry low-fat milk in a popsicle container.

www.presidentschallenge.org
www.americaonthemove.org
www.mypyramid.gov
www.fruitsandveggiesmatter.gov (recipes)
www.3aday.org



Activities

- Skateboarding
- Bocce ball
- Water skiing
- Tennis
- Volleyball
- Walking

Fun Fact

Fiber plays an important role in keeping your digestive tract healthy. Fiber is only found in plant-based foods like fruits, vegetables, and whole grain cereals and breads. Broccoli and fruits like apples, blackberries, grapefruits, oranges, and raspberries are good sources of fiber.

